



## Self-isolation and self-quarantine recommendations for confirmed and probable cases, and those with symptoms of COVID-19

The term “self-isolation” is often used for anyone being asked to stay home to prevent the spread of infection; however, self-isolation **with** symptoms and self-isolation **without** symptoms (also known as “self-quarantine”) are somewhat different.

- Self-isolation: means staying away from other people because the person self-isolating has symptoms of COVID-19
- Self-quarantine: means staying away from others because the person self-quarantining has been exposed to a confirmed or probable case but does not have symptoms
  - People who self-quarantine must monitor their health for symptoms during the quarantine period
  - It can take up to 14 days from the time of exposure to develop symptoms (incubation range)

	<b>Self-isolation (has symptoms)</b>	<b>Self-quarantine (no symptoms)</b>
<b>Definition</b>	<ul style="list-style-type: none"> <li>• For confirmed cases of COVID-19                             <ul style="list-style-type: none"> <li>- those with a positive lab test result</li> </ul> </li> <li>• For probable cases of COVID-19                             <ul style="list-style-type: none"> <li>- those with a pending lab test result,</li> </ul>                             OR                             <ul style="list-style-type: none"> <li>- those with symptoms compatible with COVID-19 who may have a history of travel or have had contact with another person with COVID-19</li> </ul> </li> <li>• For those who have symptoms of COVID-19 and it is best for them to stay away from others as much as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Those without symptoms but with a possible exposure because of travel to an affected area</li> <li>• Those without symptoms but with a contact history with a confirmed or probable case</li> </ul>
<b>Duration</b>	Generally until they are well <ul style="list-style-type: none"> <li>• Minimum of 10 days from symptom onset including at least 48 hours from complete symptom resolution (if at day</li> </ul>	For 14 days after: <ul style="list-style-type: none"> <li>• They have returned from travel</li> <li>• Had contact with a confirmed or probable case</li> </ul>



	10 and still symptomatic then must wait until the 48h since last symptom; this is unlikely as would probably be worsening and seeking further care if symptoms not resolving by day 10)	
<b>Who decides or recommends</b>	<p>A person may be asked or told to self-isolate or self-quarantine by</p> <ul style="list-style-type: none"> <li>• Community leadership</li> <li>• Health care provider – a doctor, nurse, or nurse practitioner</li> <li>• Local public health unit – medical officer of health (MOH) or nurse</li> <li>• FNIHB CD Unit may recommend to community</li> <li>• Federal quarantine officers acting under the Quarantine Act – for example some travellers will be required to self-quarantine, and some may be requested to self-quarantine depending on where they travelled from</li> </ul>	
<b>Enforcement</b>	<p>This may depend on if the person is required, requested, or recommended to isolate or quarantine, and who did this. FNIHB staff do not have authority under federal or provincial public health legislation to require or enforce isolation or quarantine.</p> <ul style="list-style-type: none"> <li>• Community leadership could possibly enforce</li> <li>• Local public health unit - MOH</li> <li>• Federal quarantine act</li> </ul>	

**How to Self-isolate**

	<b>Person Self-isolating</b>	<b>Other Household Members</b>
<b>Stay at Home</b>	<ul style="list-style-type: none"> <li>• Do not go out to public places unless directed to do so (i.e. to seek medical care)</li> <li>• Do not go to school, work, or other public areas, or to a friend or family member’s house</li> <li>• Do not use shared transportation</li> <li>• Wear a mask if you must go out</li> <li>• It is ok to walk and play outside if you stay 2 meters away from other people</li> </ul>	
<b>Monitor Symptoms</b>	<ul style="list-style-type: none"> <li>• Monitor symptoms and report worsening symptoms, especially difficulty breathing, to their health care provider</li> </ul>	



<p><b>Limit Contact with Others</b></p>	<ul style="list-style-type: none"> <li>• Avoid being in close proximity (within 2 metres or 6 feet) of people</li> <li>• Limit visitors to the home to those providing care or delivering supplies or food</li> <li>• When interactions within 2 metres are unavoidable, be brief and wear a mask</li> <li>• It is recommended to limit time with pets due to a theoretical risk of passing the virus</li> </ul>	<ul style="list-style-type: none"> <li>• Limit visitors to the home to those providing care or delivering supplies or food</li> </ul>
<p><b>Location</b></p>	<p>A private bedroom and bathroom is ideal for reducing risk of passing the virus</p> <p><b>Shared Bedroom</b></p> <ul style="list-style-type: none"> <li>• Isolating person can separate a space by hanging a sheet, if there is space</li> <li>• If sheet could not be used, arrange to sleep head to toe (rather than face to face)</li> <li>• Try and be 2 m apart (if more than one bed, put beds as far apart as possible)</li> </ul> <p><b>Shared Bathroom</b></p> <ul style="list-style-type: none"> <li>• The isolating person should try and use the shared bathroom after others, and then the bathroom should be cleaned</li> <li>• Close the lid of the toilet before flushing</li> </ul> <p><b>Shared Spaces</b></p> <ul style="list-style-type: none"> <li>• Shared spaces can be ventilated -e.g. windows open, as weather permits</li> <li>• People should try and stay 2 m apart in a shared space</li> </ul>	<ul style="list-style-type: none"> <li>• If it is not possible to limit contact with others in the home than household may all decide to isolate together</li> <li>• Those who are at increased risk for severe disease may seek accommodation elsewhere, for example elders and those with a chronic health condition, for example:             <ul style="list-style-type: none"> <li>○ high blood pressure</li> <li>○ heart disease, heart attack, stroke</li> <li>○ diabetes (type 1 and 2)</li> </ul> </li> </ul>
<p><b>Treatment</b></p>	<ul style="list-style-type: none"> <li>• At this time, there is no specific treatment for COVID-19</li> </ul>	



	<ul style="list-style-type: none"> <li>• The isolating person should rest, eat nutritious food, stay hydrated</li> <li>• Acetaminophen can be used to reduce fever and aches if the person is able to take it (they should ask their health care provider)</li> </ul>	
<p><b>Hand Hygiene &amp; Respiratory Etiquette</b></p>	<ul style="list-style-type: none"> <li>• Performed regularly by the isolating person and the household members             <ul style="list-style-type: none"> <li>◦ Wash with soap and water for 20 seconds or with alcohol-based hand sanitizer</li> </ul> </li> <li>• Proper respiratory etiquette followed immediately followed by hand hygiene             <ul style="list-style-type: none"> <li>◦ Cough/sneeze into a tissue and throw it away and clean hands right away, or cough/sneeze into the sleeve/elbow</li> </ul> </li> </ul>	
<p><b>Cleaning</b></p>	<p><b>Use precautions when doing laundry</b></p> <ul style="list-style-type: none"> <li>• Contaminated laundry should be placed into a laundry bag or basket with a plastic liner and should not be shaken</li> <li>• Gloves and a medical or procedural mask should be worn when in direct contact with contaminated laundry</li> <li>• Clothing and linens belonging to the isolating person can be washed together with other laundry, using regular laundry soap and hot water (60-90°C); then the laundry should be thoroughly dried</li> <li>• Hand hygiene should be performed after handling contaminated laundry and after removing gloves. If the laundry container comes in contact with contaminated laundry, it can be disinfected using a store bought disinfectant, or if not available, a diluted bleach solution (0.5% sodium hypochlorite).</li> </ul> <p><b>Frequent cleaning and disinfecting</b></p> <ul style="list-style-type: none"> <li>• High-touch areas such as toilets, bedside tables and door handles should be disinfected daily using a store bought disinfectant, or if not available, a diluted bleach solution (0.5% sodium hypochlorite)</li> </ul> <p><b>Disposing of waste</b></p> <ul style="list-style-type: none"> <li>• All used disposable contaminated items should be placed in a lined container before disposing of them with other household waste</li> </ul>	
<p><b>Sharing personal items</b></p>	<ul style="list-style-type: none"> <li>• Refrain from sharing personal items with others, such as;             <ul style="list-style-type: none"> <li>-Toothbrushes</li> <li>-Towels and washcloths</li> <li>-Bed linen</li> <li>-Cigarettes</li> <li>-Unwashed eating utensils</li> <li>-Drinks</li> <li>-Phones, computers, or other electronic devices.</li> </ul> </li> </ul>	



**Maintain a suitable environment for recovery**

The environment should be well ventilated and free of tobacco or other smoke if possible. Airflow can be improved by opening windows and doors, as weather permits.

**Stay connected**

Staying at home and not being able to do normal everyday activities outside of the home can be socially isolating. People who are isolating themselves at home may be able to connect with family and friends by phone or computer.

**Precautions for household members to prevent transmission to others in the home**

For household members, it is important to take appropriate steps to protect themselves and others in the home environment from contracting COVID-19. Caregivers who have direct contact need to take special precautions, see below.

**Review Use of Personal Protective Equipment**

If household members have direct contact with the isolating person they should wear a medical or procedural mask and eye protection when within two meters and should perform hand hygiene after. Caregivers should wear disposable gloves when in direct contact with the isolating person, or when in direct contact with the isolating person's environment as well as soiled materials and surfaces. Hand hygiene should be performed before putting gloves on and after removing them.

PPE	Use
<p><b>Mask</b></p>	<p>Face masks (medical or procedural):</p> <ul style="list-style-type: none"> <li>• Provide a physical barrier that may help prevent the transmission of the virus from an ill person to a well person by blocking large particle respiratory droplets propelled by coughing, sneezing and talking</li> <li>• Used alone is not guaranteed to stop infections</li> <li>• Must be combined with other prevention measures including <u>respiratory etiquette</u> and <u>hand hygiene</u></li> </ul> <p>Use of masks</p> <ul style="list-style-type: none"> <li>• Before putting on a mask, wash hands with soap and water or ABHS. The mask should be worn with the coloured side facing out</li> <li>• Cover mouth and nose with mask and make sure there are no gaps between your face and the mask, press the mask tight to your face using your fingers to secure along the perimeter of the mask, pressing firmly over the bridge of your nose.</li> <li>• Wash hands again with soap and water or ABHS.</li> </ul>



	<ul style="list-style-type: none"> <li>• Avoid touching the mask while using it; if you do, clean your hands with soap and water or ABHS.</li> <li>• Replace the mask with a new one as soon as it is damp or dirty with secretions. Do not re-use single-use masks.</li> <li>• To remove the mask, remove both straps from behind the ears. <b>Do not touch the front of the mask</b>, and ensure that the front of the mask does not touch your skin or any surfaces before you discard it immediately in a closed waste container. Wash hands with soap and water or ABHS.</li> </ul>
<p style="text-align: center;"><b>Eye Protection</b></p>	<p>Protect the mucous membranes of the eyes during care or activities likely to generate splashes or sprays of body fluids including respiratory secretions.</p> <ul style="list-style-type: none"> <li>• Eye protection should be worn over prescription eyeglasses. Prescription eyeglasses alone are not adequate protection against respiratory droplets</li> <li>• Protective eyewear should be put on after putting on a mask</li> <li>• After applying eye protection, gloves should be put on</li> <li>• To remove eye protection, first remove gloves and perform hand hygiene. Then remove the eye protection by handling the arms of goggles or sides or back of face shield. The front of the goggles or face shield is considered contaminated.</li> <li>• Discard the eye protection into a plastic lined waste container. If the eye protection is not intended for single use, clean it with soap and water and then disinfect it with a store bought disinfectant , or if not available, a diluted bleach solution (0.5% sodium hypochlorite), being mindful not to contaminate the environment with the eye protection.</li> <li>• Perform hand hygiene</li> </ul>
<p style="text-align: center;"><b>Gloves</b></p>	<p>Disposable single use gloves should be worn when in direct contact with the isolating person, cleaning contaminated surfaces, and handling items soiled with body fluids, including dishes, cutlery, clothing, laundry, and waste for disposal. Gloves are not a substitute for hand hygiene; caregivers must perform hand hygiene before and after putting on and taking off gloves.</p> <ul style="list-style-type: none"> <li>• Gloves should be removed, hand hygiene performed, and new gloves applied when they become soiled during care</li> <li>• To remove gloves safely, with one of your gloved hands pull off your glove for the opposite hand from the fingertips, as you are pulling, form your glove into a ball within the palm of your gloved hand. To remove your other glove, slide your ungloved hand in under the glove at the wrist and gently roll inside out, and away from your body. Avoid touching the outside of the gloves with your bare hands.</li> <li>• Gloves must be changed and <u>hand hygiene</u> performed when they are torn</li> <li>• Discard the gloves in a plastic-lined waste container</li> <li>• Perform hand hygiene</li> <li>• Do not double-glove</li> </ul> <p>Reusable utility gloves may be used; however, they must be cleaned with soap and water and decontaminated after each use with a store bought</p>



	disinfectant, or if not available, a diluted bleach solution (0.5% sodium hypochlorite).
<p><b>Other Supplies</b></p>	<p><b>Supplies for the home when self-isolating</b></p> <ul style="list-style-type: none"> <li>• Medical or procedural masks for case and others in the home</li> <li>• Disposable Gloves</li> <li>• Eye protection</li> <li>• Thermometer</li> <li>• Hand soap</li> <li>• Alcohol based hand sanitizer (ABHS) containing at least 60% alcohol</li> <li>• Tissues</li> <li>• Waste container with plastic liner</li> <li>• Regular household cleaning products</li> <li>• Store bought disinfectant, or if not available, bleach and a separate container for dilution.</li> <li>• Alcohol (70%) prep wipes</li> <li>• Regular laundry soap</li> <li>• Dish soap</li> <li>• Disposable paper towels</li> </ul>